

Family Support

Respite Resources



Respite means taking a break. Respite care offers families a short-term break from caring for your child provided by someone trained to safely care for your child.

Sometimes families need time away from the day-to-day responsibilities of caring for a child with special health needs. A respite care provider can be another family member, a friend, or a professional caregiver. Respite can occur in the home or community. It may be provided by an agency in settings outside of the home for a short length of time. This would depend on the needs of the family and available resources.

Respite funding and support may be available through state agencies such as the Department of Developmental Services or the Department of Mental Health. However, a child would need to be found eligible to receive services from most state agencies. Additional options for respite supports include community resources such as family, faith based organizations or disability specific organizations.

When you ask about respite supports, it is helpful to have this information available:

- Your child's age, your address, primary language and other related information
- List of your child's needs (i.e., medical, emotional, behavioral, social, etc.)
- What a provider needs to know about interacting with and caring for your child
- Any agency that provides services to your child or family
- Type of health insurance covering your child (MassHealth, CommonHealth, Commercial)
- Other information you feel will help support your request

Family TIES of Massachusetts provides information, referral, and parent to parent support for families of children with special health needs or disability and their professional partners. We also provide information about Early Intervention (EI) and maintain a complete list of EI Programs in Massachusetts.

The information provided on the back page of this sheet is not a complete list of the resources that may be available. For information about community based programs, resources and local support groups, please call your Regional Coordinator or our toll-free line 800-905-TIES (8437).

We publish an annual *Directory of Resources for Families of Children and Youth with Special Needs*. The Directory is always listed as the first place to look for resources on our Topic Sheets!

Call us if you would like a copy of the directory mailed to you. A pdf version of the directory is available to download on our website www.massfamilyties.org. You can also find the phone number for the Family TIES Regional Coordinator for your area on our website.



Information and Resources

Family TIES Resource Directory:

- Under *Respite, Family Support and Skilled Nursing Programs*

Massachusetts Department of Public Health Programs:

- Medical Review Team, Contact DPH Community Support Line, 800-882-1435
<https://www.mass.gov/medical-review-team>

Statewide:

- The Family Caregiver Support Program
<https://www.mass.gov/family-caregiver-support-program>
- Mass Options
<https://www.massoptions.org/massoptions/about-MassOptions/>
- MA Lifespan Respite Program
<https://archrespite.org/respite-locator-service-state-information/153-massachusetts-info>
- Family Resource Centers
<https://www.frcma.org/locations>
- Disability Info
<https://disabilityinfo.org/>
- Massachusetts Respite Funding and Eligibility Opportunities-MA Public Funding Chart
https://archrespite.org/images/state_pdf/funding/massachusetts.pdf

National:

- ARCH National Respite Network
<https://archrespite.org/>
- Family Caregiver Alliance National Center on Caregiving -
<https://www.caregiver.org/family-care-navigator>

Western MA – Hampshire and Franklin Counties

- LOOK4HELP
<https://www.look4help.org/guided-search/>